* 상기 식단은 시장 수급 상황 또는 식당 사정에 따라 달라질 수 있습니다.*

2022년 에이치비푸드시스템

cabbage kimchi

12월 12일(월)	12월 13일(화)	12월 14일(수)	12월 15일(목)
black rice	black rice	black rice	black rice
udon soup	shireagi miso soup	кімс ні tofu soup	bean sprout soup
fried egg1	fried egg1	fried egg1	fried egg1
curry rice	stir-fried pork	vienna stir-fry	menchi cutlet*mustard
stewed meatballs	stir-fried vermicelli	squid potatoes	shrimp and radish stew
roasted seaweed	stir-fried broccoli mushrooms	meat dumpling	seasoned lettuce
cabbage ƙimchi	cabbage ƙimchi	cabbage ƙimchi	cabbage ƙimchi
serial*milk1	serial*milk1	serial*milk2	serial*milk1
			toast*jam
			vegetable salad*D
black rice	black rice	black rice	black rice
beef bone sundae soup	flying fish roe stone pot rice	clam soft tofu stew	chicken noodle *pork tofu sushi
stir-fried seafood udon	sausage penne pasta	braised pork and quail eggs	kkan poong dumplings
bacon braised potatoes	kimchi shrimp pancake	ramen tteokbokki	spinach greens
dried radish	shireagi miso soup	soybean stew	pickled radish
cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi
broccoli*wrapped kelp	spring cabbage coleslaw	orangeade	green salad
homemade pork cutlet8(soup*bread*juice*salad)			
black rice	black rice	black rice	black rice
back bone soup	bag stew*ramen	fish cake soup	shireagi miso soup
stir-fried vermicelli	pork cutlet salad	stir-fried cheese chicken	stir-fried pork
grilled tofu	shrimp and radish stew	crinkle cut	stir-fried fish cake
seasoned cucumber	spinach greens	seasoned vegetable	seasoned with leek
yogurt	roasted laver	bean sprouts seasoned	wrapped vegetable*miso
	12월 12일(월) black rice udon soup fried egg1 curry rice stewed meatballs roasted seaweed cabbage kimchi serial*milk1 toast*jam vegetable salad*D black rice beef bone sundae soup stir-fried seafood udon bacon braised potatoes dried radish cabbage kimchi broccoli*wrapped kelp black rice back bone soup stir-fried vermicelli grilled tofu seasoned cucumber	12월 12월(월)12월 13월(화)black riceblack riceudon soupshireagi miso soupfried egg1fried egg1curry ricestir-fried porkstewed meatballsstir-fried vermicelliroasted seaweedstir-fried broccoli mushroomscabbage ƙimchicabbage ƙimchiserial*milk1serial*milk1toast+jamtoast+jamvegetable salad*Dvegetable salad*Dblack riceblack riceblaco braised potatoeskimchi shrimp pancakedried radishshireagi miso soupcabbage kimchicabbage kimchibacon braised potatoeskimchi shrimp pancakedried radishshireagi miso soupcabbage kimchicabbage kimchibacon braised potatoeskimchi shrimp pancakedried radishshireagi miso soupcabbage kimchicabbage coleslawbroccoli*wrapped kelpspring cabbage coleslawstir-fried vermicellipork cutlet saladstir-fried vermicellishireagi stew*ramenstir-fried tofushireagi stewseasoned cucumberspinach greens	12월 12월(월)12월 13월(\$)12월 14월(\$)black riceblack riceblack riceudon soupshireagi miso soupfried egg1fried egg1fried egg1fried egg1curry ricestir-fried porkvlenna stir-frystewed meatballsstir-fried porkvlenna stir-fryroasted seaweedstir-fried poccoli mushroomsmeat dumplingcabbage kimchicabbage kimchiserial-milk1stewed meatballsstir-fried vermicellisayid potatoesroasted seaweedstir-fried proccoli mushroomsmeat dumplingcabbage kimchicabbage kimchiserial-milk2toast-jamtoast-jamtoast-jamvegetable salad-Dvegetable salad-Dvegetable salad-Dblack riceblack riceblack riceblack riceblack riceblack riceblack riceblack riceblack ricebeef bone sundae sonpflying fish roe stone pot riceclam soft tofu stewstir-fried seafood udonsausage penne pastabraised pork and quail eggsbacon braised potatoeskimchi shrimp pancakeramen tteokbokkidried radishshireagi miso soupsoybean stewcabbage kimchicabbage coleslaworangeadebroccoli+wrapped kelpspring cabbage coleslaworangeadeblack riceblack riceblack riceblack riceblack riceblack riceblack riceblack riceblack riceblack riceblag stew+ramenfish cake soupstir-fri

cabbage ƙimchi

★ 알레르기 유발식품 (Allergy-induced food labelling guedance) ★

①난류(egg), ②우유(milk),③메밀(buckwheat),④대두(soybean), ⑤땅콩(peanut), ⑥밀(wheat), ⑦새우(shrimp), ⑧돼지고기(pork), ⑨닭고기(chicken), ⑩쇠고기(beef), ⑪오징어(sguid), ⑫고등어(mackerel) ⑬조개류(shellfish)⑭토마토(tomato)⑮아황산염(sulgite)



GIST 1 student cafeteria weekly meal plan

cabbage ƙimchi

★ 원 산 지 표 시 ★

쇠고기(호주산)돈육(국내산)돈뼈(국내산)삼겹살(미국산),고등어(국내산),김치(배추,고춧가루:중국산)닭(국내산)쌀(국내산)

cabbage ƙimchi

12월 16일(금)

black rice udon soup fried egg1 stir-fried pork kimchi grilled tofu stir-fried seaweed stem cabbage ƙimchi serial*milk2 toast*jam vegetable salad*D

black rice

kimchi fried rice *sausage*fried egg

sweet and sour pork

bean sprouts

udon soup cabbage kimchi vegetable side dish

> black rice sujebi soup

stewed meatballs

fried dumplings

stir-fried anchovy dried radish cabbage ƙimchi